

HLTH 375
Spring 2012
Final Project

As we have discussed, this class was divided into three parts:

1. The “traditional” nutrition information including calories in, calories out for weight maintenance and weight loss, the USDA food pyramid and the importance of a low fat diet.
2. The “non-traditional” nutrition based on an evaluation of new and old science (prior to the 1970’s) and the relationship between insulin and carbohydrate intake for weight maintenance and weight loss.
3. Your research and evaluation of the above. Your final project will demonstrate your analysis of this complex topic.

Grading:

Paper: 80 points

- 10 points grammar and spelling
- 20 points organization and flow, ease of understanding
- 40 points content
- 10 points, quality of references

Presentation: 20 points

- 15 points How well you tell your story and explain your findings
- 5 points Visual aids or graphics (does not have to be power point)

Timeline:

Topic and Outline Due: Tuesday, April 10th at 9:00 pm (same time as your Weekly Reflections). Please submit via email, as a Word Document.

Paper Due: May 9nd, 2012

Presentations: Will start on May 9th and end on May 16th (finals week). Presentations will be 10 – 15 minutes in length. There will be a sign-up sheet for presentations slots.

Format:

Title Page, 7 – 8 pages of text plus a “Works Sited/References “ page in APA format. Illustrations and graphs may be included, but will not count toward the count of text pages.

12 pt, Calibri font, double-spaced

Must contain at least 3-4 references from outside of class and may cite resources presented in class.

(You must include statistics, data, and information from credible sources such as government and other credible websites, peer-reviewed journals, textbooks, etc. Please see me if you have questions about a source. Do not cut and paste.)

Depending on your topic, you may also cite video and “consumer” friendly resources.